What is claimed is:

1. An interlabial pad with a size, weight, and flexibility capable of being held between labia by pinching a part or the whole portion of the interlabial pad naturally therebetween, having a direction of substantial parallel arrangement ("parallel direction") towards said labia and a direction of substantial vertical arrangement ("vertical direction"), further comprising,

an absorbent body for absorbing body fluid and

a coating material for enclosing said absorbent body, which defines a main form of said interlabial pad, wherein:

said absorbent body includes one or a plurality of bending elements including a straight - line and a curved line form with a prescribed length and a prescribed width, said bending elements provided in a prescribed position of said interlabial pad and formed of a part with a smaller bending strength compared to parts other than said prescribed position.

- 2. The interlabial pad as claimed in claim 1, wherein said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length, and said bending element piece is a "vertical bending element piece" being extended substantially parallel with said vertical direction.
- 3. The interlabial pad as claimed in claim 2, wherein said vertical bending element piece is arranged to cross a center line of said interlabial pad, which lies along said parallel direction of said interlabial pad.
- 4. The interlabial pad as claimed in any of claims 1 to 3, wherein: said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length; and said absorbent body of said interlabial pad comprises a plurality of said bending element pieces being extended for a prescribed length in a state where said

pieces are positioned substantially parallel with each other so that, when said absorbent body is extended flat, said plurality of bending element pieces appear to be in a checkboard pattern.

- 5. The interlabial pad as claimed in any of claims 1 to 3, wherein: said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length; and a plurality of said bending element pieces are arranged to be in line symmetry with respect to the center line of said interlabial pad, which lies along said parallel direction of said interlabial pad.
- 6. The interlabial pad as claimed in any of claims 1 to 3, wherein: said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length; and said bending element piece is a "parallel bending element piece" being extended substantially parallel with said parallel direction.
- 7. The interlabial pad as claimed in any of claims 1 to 3, wherein said parallel bending element piece is arranged near the center line of said interlabial pad, which lies along said parallel direction of said interlabial pad.
- 8. The interlabial pad as claimed in any of claims 1 to 3, wherein said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length, and said bending element piece is arranged to reach the peripheral edges of said absorbent body.
- 9. The interlabial pad as claimed in any of claims 1 to 3, wherein: said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length, and a first bending element piece extended for a prescribed length in substantially parallel with said vertical direction is positioned to cross the center line of said interlabial pad,

which lies along said parallel direction;

a second bending element piece extended for a prescribed length in substantially parallel with said parallel direction is positioned near the center line of said interlabial pad; and

said first bending element piece and said second bending element piece cross each other near the center line of said interlabial pad.

- 10. The interlabial pad as claimed in any of claims 1 to 3, wherein: said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length; and said bending element piece is positioned, in said vertical direction, in the halfway between the center part positioned near the center line of said interlabial pad and peripheral edges of said interlabial pad, and extends for a prescribed length in substantially parallel with said parallel direction.
- 11. The interlabial pad as claimed in any of claims 1 to 3, wherein said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length, the bending element is positioned near the center line of said interlabial pad, and extends in a V shape towards the peripheral edges of said absorbent body from said vertical direction at a prescribed angle.
- 12. The interlabial pad as claimed in any of claims 1 to 3, wherein said bending element is formed of a bending element piece in which said part with a smaller bending strength is extended for a prescribed length, and said bending element piece extends for a prescribed length at a prescribed angle between said parallel direction.
- 13. The interlabial pad as claimed in any of claims 1 to 3, wherein said bending element is formed by a slit, a low dense part, or a combination of these.

- 14. The interlabial pad as claimed in any of claims 1 to 3, wherein: the opposite side surface to a body of said interlabial pad comprises a mini sheet piece which is provided over one side part to the other side part of both side parts with respect to the center axis substantially parallel with said substantial parallel direction of said interlabial pad; and a finger insert hole is formed between said mini sheet piece and said opposite side surface to the body.
- 15. An interlabial pad according to any one of claims 1 to 3, wherein said interlabial pad is a pad for an incontinence of urine.
- 16. An interlabial pad according to any one of claims 1 to 3, wherein said interlabial pad is a pad for absorbing vaginal discharge.
- 17. A method of adjusting a form flexibility used for an interlabial pad with a size, weight, flexibility capable of being held between labia by a part or the whole portion of the interlabial pad being naturally inserted therebetween, having a direction of substantial parallel arrangement ("parallel direction") towards said labia and a direction of substantial vertical arrangement ("vertical direction"), further comprising:

an absorbent body for absorbing body fluid and a coating material for enclosing said absorbent body, said absorbent body defining a main form of said interlabial pad; and one or a plurality of bending elements provided in a prescribed position of said interlabial pad with a smaller bending strength compared to a part other than said prescribed position, wherein the method comprises the step of:

adjusting the form flexibility of said interlabial pad by a bending element application method using said bending element.

18. The method of adjusting a form flexibility as claimed in claim 17, wherein said bending element application method comprises the step of changing the form, number, positioning area, and arrangement of said bending

element.